



Chichester HERALD

Friday 30 August 2013

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Suicide bid halted

>> *Chichester pair arrested over assisted death claim*

James Earl
REPORTER

NEWS@CHICHESTERHERALD.CO.UK

A LOCAL couple have been arrested over claims that they could be planning to take a "valuable" prisoner to end his life at a clinic in Switzerland, police have said.

A woman, 46, and a man, 45, both from the Chichester area have been questioned on suspicion of conspiring to assist a suicide.

Devon Police have asked for an assessment of the 46-year-old man's capacity to make his own decisions.

The arrested man and woman have been held until October.

The force said officers would be carrying out further enquiries.

In a statement, a police spokesman said: "Police have been made aware of

suggestions that a man and a woman from West Sussex could be planning to take a "valuable" prisoner to the Dignitas clinic in Switzerland so that he can end his life."

He said it was an offence to encourage or assist suicide under the Coroners and Justice Act 2009.

Officers were investigating whether any crime had been committed or was likely to be committed if they did not take action, he added.

A BBC correspondent said the two people who had been arrested were the man's wife and son, and there were suggestions that the 46-year-old man was in the early stages of dementia.

For cases which relate to dementia, Sussex doctors explore a psychiatrist to assess a patient's mental capacity to make their...

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Photo: Andrew H. Houghton - BBC, Chichester

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Local News

College excels with top marks

CHICHESTER COLLEGE has done again! A-level results, just released for 2012, show that the College has, for the fifth year in a row, produced an A-level pass rate which is almost twice that of the year previous (2011).

An impressive 81 A-level subjects had achieved a grade of A or above, the remainder of the 11 subjects offered last year 100% at A or above. These included traditionally difficult subjects such as Mathematics, Law, Business Studies, Economics, English Literature, History, Human Biology, Physics, Chemistry, ICT, Music, Music Technology and Spanish.

Most importantly, the high grades achieved at A-level means combined with about half of all students achieving grade A* or A, a fantastic record for the college. These high grades have given Chichester College students an advantage in getting on to the university of their choice. Successful students are achieving getting with a wide range of universities, including amongst the top universities in the world. Others have decided to continue their studies at Chichester College on higher education, vocational or apprenticeship courses.

Reflecting on the results, Helen Griffin, Head of Principal, said: "Congratulations to all our A-level students! We're absolutely delighted with these fantastic results. The achievement is a true reflection of our passion for teaching and learning and our commitment to helping students succeed. The students have worked really hard to achieve the best of their ability and our staff have provided excellent support to get the best results possible. Many students have put in a tonnes amount of effort to achieve their grades, which makes celebrating their successes even more rewarding."

Griffin is reminding their pupils were involved in numerous projects, a discipline, music, and a place of education at a celebration breakfast held after results were handed out. It was a chance for students to enjoy the moment and share where they are off to next with their Teacher Tutors and teachers.

Here are just some examples of fantastic



student success

A-level outstanding student achievements:
• High 11 Applied Science student achieved a Gold
• Geography student at University College London
• High 11 Mathematics student for his hard work put off as he achieved 2 A grades in Further Maths, Maths and Biology. He also achieved a B grade in Chemistry, all the

degrees having to enter more prestigious higher level degrees.
• Courtney Barber (ex Chichester High School for Girls) and also was really proud of her achievements after a tough year Courtney is going onto Exeter University to read Law after achieving an A grade.
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Continued from page 1
are expected to make the decision to end their life.

The first reported case of a female person with dementia choosing to commit suicide was dying alone in Switzerland near to the Swiss border.

In 2010, Director of Public Prosecutions Keir Starmer QC clarified the legal position on assisted suicide.

Practitioners placed clear scrutiny on support workers, and whether they had acted "voluntarily and conscientiously" and for financial reasons.

However, Mr Starmer made it clear the above did not represent a checklist and did not mean so-called money killings.

The 2009 guidelines were the result of a case brought by Debbie Purdy, a terminally ill woman, who in 2009 won a ruling from the Law Lords requiring the director of public prosecutions to set out which or her husband would be committing an offence if he accompanied her to Dignitas to end her life.

In 2010, MPs landed the guidelines. Assisted suicide remains a criminal

offence in England and Wales, punishable by up to 14 years in prison, but assisted suicides in such cases are now more likely to be taken into account.

Over the past 10 years, Dignitas has helped more than 1,000 people to die with around 300 letters choosing to die at the facility in Zurich.

In Switzerland, assisted suicide is legal as long as the helper does not personally benefit from the death.

The Swiss government has tried to reduce what has been referred to as "industrial tourism".

But the majority of visitors to Zurich have been assisted dying, and also the practice of foreigners travelling to the country to end their lives.

In a poll in May 2010, about 85% of voters in Zurich rejected a call to end legalised assisted suicide, and 95% rejected a call to ban foreigners from travelling to Switzerland to end their life.



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Did you know? A taste of Chichester facts and figures...
The Chichester Inn pub is reputed to be a ghost of a Roman soldier, of some kind, who patrolled the old Roman wall.

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Arson at Chichester scrap yard

POLICE were called to a rubbish scrap yard on the way to Chichester by the fire alarm to two small fires last week.

The fire-scrapers spent two hours working on the ground. Engines were taken to the racks which are believed to have been thrown in to start the fire and not believed to have been started deliberately.

Sergeant Alan Ward said: "We are treating this as arson and are investigating what happened around 10pm on Monday August when scrapers suspected to be the cause of the fire. Information is asked to contact police on an ongoing basis 01243 221111. Alternatively contact the independent charity Chichester Community Centre on 01243 555555."

POLICE are appealing for witnesses after two fires passed at a scrap yard to start the night on a permanent basis.

The scrapers did not see what started at his home on Hill Road, Chichester, at about 10pm on Wednesday 20 August by a man who he needed to turn off the water supply because of an emergency.

The man said there was a leak in the boiler and took the water away from the boiler to talk to him.

A second man then entered the flat and

searched the property while the water was

detected. The first man was white, 40 to 45, 5'6", and the second man was black, 40 to 45, 5'6", and was wearing a red baseball cap.

The second man was white, 40 to 45, 5'6", and taller than the younger man. He was wearing a short and dark trousers. Anyone with information should call 01243 221111 or 01243 221111 or the independent charity Chichester Community Centre on 01243 555555.

Man arrested for Bognor assault

POLICE are appealing for witnesses to an assault on The English side, Bognor Regis at 6.30pm on Monday 18 August.

The victim, an 18-year-old man, was involved in an assault with another man and was left with a large cut to his head which required hospital treatment. Sergeant Glenn Phipps said: "The fight

took place on the beach opposite the Royal Hotel, and we need to speak to anyone who might have seen what happened and not just spoken to police."

A 25-year-old man from Bognor Regis has been arrested for CDD and has been bailed until 10 September.

Burglars con their way into home to steal couple's wedding rings

DO YOU recognise these rings?

They were stolen in a burglary at Hellingdon Gardens in Selway at about 10pm on 10 August.

The 40-year-old man was visited by a man who offered to work on his driveway and had him taking for several minutes.

When the man left, the victim discovered that the wedding rings of his mother-in-law that he was preparing to give to his wife had been taken from the dining room table.

The rings were platinum wedding rings with a leading design around the outer edge.

The couple on Pagan and the rings were made at the end of their honeymoon, the period of a year and a day after their original ceremony when they can either choose to marry again or not.



It is believed the first thief damaged the victim's house and went through the house's back door to steal the rings.

Police launched Operation Blagden to tackle burglary across the county. Anyone with information should call 01243 221111 or 01243 221111 or the independent charity Chichester Community Centre on 01243 555555.

Cyclist injured in Bognor collision

ACCIDENT was taken to hospital with serious injuries after a collision on Saturday in Bognor Regis on Saturday afternoon (17/08/14).

Emergency services were called to Upper Bognor Road, at the entrance to Bognor, at 4.30pm to a collision between a cyclist and a blue Nissan Micra. The

25-year-old male cyclist from Bognor was taken to St Richard's Hospital with serious injuries. The 40-year-old man driving the Micra was unharmed.

Anyone who saw what happened is asked to contact police on 01243 221111 or 01243 221111 or the independent charity Chichester Community Centre on 01243 555555.

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Activity Fees:

All children (aged 0 – 15) visiting the site £3 each. All children must be accompanied and supervised by at least one paying adult at £3 each.

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Free wi-fi now in all West Sussex libraries

READERS in every area can now get free internet as every library across the county has been fitted with a 4G wi-fi router for people to use their own smartphones, tablets and laptops at no cost.

It follows long-term plans to modernise the county's libraries, which also saw all service book machines installed last year.

Anyone living in West Sussex can use the internet on their device by asking staff for a username and password, which is changed every month.

Local Council, County Council Councillor responsible for Libraries, said: "Many people use the web on their

smartphones and tablets nowadays, so it is vital we keep up-to-date with technology."

It means our modern and community groups will have the world at their fingertips every one of our branches.

"We will also be keeping desktop computers with paid for access to the internet so people do not have to bring their own device."

For more information on the Wi-Fi system contact the West Sussex Library Service on 01243 736 735.

Alternatively visit its website at www.westsussex.gov.uk/libraries

New toddler group for Chichester

FAMILIES with babies and young children are being asked to attend a new Toddler Group that will be launched in Chichester next month. The Pre-natal Toddler Group, at The Pre-natal School on West Street, will take place every Wednesday during term time from 9.30am to 10.30am. It starts on Wednesday 29th September 2012.

Parents, child minders and grandparents will be warmly welcomed at the new group which is for babies between

school and will be £5 per child. There will be free play as well as structured activities and refreshments. Heidi Mander, Tami Gennell, said: "We are really looking forward to welcoming lots of families who can come and chat, relax, watch their toddlers play and possibly enjoy the friendly atmosphere."

If you would like to attend, please email info@pre-nataltoddlergroup.co.uk or contact your local Health Visitor.

Vintage Affair – Take a stroll through history

IT MEANS BUSINESS as we're really looking forward to this Vintage Affair which takes place on Friday August 24th from 10am to 4pm.

This first and popular event will be at the Assembly Rooms, North Street, Chichester again after the huge success of last year.

It is a fantastic opportunity to purchase your outfit for the day, and as well as vintage clothes and accessories there will be toys, linen, home, collectables and much more.

There is a vintage shop which includes a refreshment with a chance to win a vintage prize.

price

Don't sit at and relax with tea and coffee in the bar rooms and listen to some live music from 2pm to 4pm.

There is a great atmosphere at the event as all the staff and helpers will be dressed in vintage costumes – and it's a wonderful chance to purchase genuine vintage decorated items.

After the event a sponsored stroll will be available to purchase from the Booth Street shop.

They hope to see you there!

Get your free health check in West Sussex

FREE health checks are available to West Sussex residents aged between 40 and 74 years old.

Health checks last for half an hour and offer residents who do not have existing long-term conditions. They are available across the county at participating GP surgeries, pharmacies and community centres.

The checks screen someone's risk of developing heart disease, stroke, diabetes and kidney disease, and look at their lifestyle and levels of physical activity. Results are discussed with them and they are given personalised advice.

These conditions are often overlooked, and a health check could help to identify any potential issues before a problem develops.

West Sussex County Council Councillor Member for Community Wellbeing, Christine Field said: "The Government recently announced that it wants local authorities to roll out the health check programme. It's pleased to say that in West Sussex, the Public Health team has been providing two health checks to residents for more than three years."

"By having a check now, you can look at how to reduce the risk of developing health problems in the future."

Health checks are confidential and must be booked in advance.

For further information, or to find out how to book a health check, visit the West Sussex Health website at www.westsussexhth.gov.uk/healthchecks or contact your local Health Visitor.

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- 26th Brighton

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- 15th South of England Crick for Christmas at Arthingly
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- 19th Leeds Castle, The Twelve Days of Christmas

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- 16th ICE - Radio Caversham Production, Haydon Southampton
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February

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- 15th Watford Wander
- 17th Yewings Fiddling Club

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- 20th Oxford Street, London
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Scraping their Schindler's above to Goodwood House on Friday, 6th September, the opera-inspired cabaret group's programme will span broad quaking, new among moments of operatic classic, 18th, musical theatre, theory pop, jazz and much more besides, with the result promising to appeal to all ages, tastes and intelligences.

Disappointingly, meanwhile, the five strong group are most graduates of The Royal Welsh College of Music and Drama. Having already attracted the attention of influential producers and directors, the quartet (Musical Director and Arranger/Director Gwyn David George, Harpist and singer Andy Parry, Frances Gregory, Colin Thomas Jones and Elaine Roberts) have achieved both an impressive array of credits and critical acclaim in a matter of months.

All That Mideast's Edinburgh show will be performed at Goodwood House on Friday, 6th September. There will be a champagne reception before the concert. All proceeds will go to the *Alzheimer's Trust's* £4 million appeal. Tickets cost £10 and must be booked in advance by phoning: 01223 554307 or emailing: shop@alzheimerstrust.co.uk

Midhurst Rother College celebrates excellent GCSE results

IN A TENTATIVE context of uncertainty about OCEI examination grades, particularly in core subjects such as English and mathematics, staff and students at Malvern North College are celebrating excellent OCEI examination work.

75% of students achieved a
A*–C with 65% including English
and maths. 75% of students
obtained an A*–C grade in maths
and 76% in English.

There were also some occasional isolated results indicating the following students who obtained high number of A/A+ grades:
 David CALVO, JESUS GIL
 & Alan COLLINS & Lucy DAVIES
 & Brenda FIVER & Amy GILBERT & HOLMES
 & William MURPHY & Bryn DOWEN
 & Chris REED & Jane TAYLOR
 & Alice UPTON-LAW
 & Jennifer WELSHMAN & Thomas WILSON

²⁰Italeri is clear that obtaining two or more A* to C grades, including English and maths, is not so difficult. I was delighted that such a high number of Midhurst Sixth College students have obtained this vital mark...and thanked Dr. Jon Waters for...

like adding? As a result of obtaining such excellent CDE grades many more students are joining our South Farm this season. Get in early and well ahead on A Level!



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www.amberleymuseum.co.uk

Man denies murder of Debbie Levey in Chichester



A MAN has denied murdering a 44-year-old care home worker who was found dead at her home in West Sussex.

The body of Debbie Levey was discovered by a neighbour at Cherry Tree Cottage, in East Hiding, near Chichester, on 11 January.

Philip Brown, 45, presently of Larkham Road, Bideley, pleaded not guilty to one count of murder at Lewes Crown Court.

He was remanded in custody to appear at the same court for trial at a later date.

Ms Levey, who worked at Lushington care home in Chichester, was described as a caring and compassionate person.

Holiday harmers



I JUST got back from a bout of a holiday in America. It was so perfect, and what made it better is that things back home are a little strange at the moment, so it was able to be with myself and my thoughts as true Sam Levey, which was very good. I made everything I'd hoped would be so much more - stayed in a house right by the Hollywood sign with an outdoor pool (people kept coming to take pictures of us when we were in the garden so they thought we might be famous. I mean I am but whenever we walked in New York and went to drink stores in San Francisco. Life was so great. Nothing could ruin it.

Then suddenly SAM. Life became the terrible. At first they're just sweet, people from home wondering how I was and saying they miss me, maybe helping in a bit of home from time to time. But then gradually they progress into something substantially evil. One person tells it upon themselves to say things home changed since you've gone. "I miss her all about it." Then they tell you about the mid time they're been having, how there are a billion demons going on, and all this time



Mia Edwards

they do so without realising that they are damaging your holiday experience.

This thing is, holiday is a time to forget the world and enjoy yourself and however much you love your friends it's pretty important that those days are not ruined. Most people like me will always pick up their phone when they get home, even if they know that what's coming will only shock, annoy and embarrass them. Once, when given a trade offering of gas I actually replied with, "OK, but please don't say it if it's gonna ruin my holiday. I DON'T WANT IT!" I don't know why I did not just say "No don't bother" as that might have been more to the point, but whatever.

Don't you, you guys worry yourself too though, because I did not ruin my holiday. At times it did seem to me but I am a big girl (I mean myself kind of) and I had the best time. And maybe if I'd kept my small hands off my phone for two minutes I could have avoided that catastrophe in a way more effectively.

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University offers a taste of Chichester's cultural history

A NEW MA programme in Cultural History is set to begin at the University of Chichester with three special 'introductory' lecture events planned prior to the course starting in October as part of prospective students' all-eyes-to-church festival. The History Department at the University of Chichester has joined in collaboration with colleagues from the World and Downland Open Air Museum, Palace House Gallery, and the University's Open Gallery to teach the MA programme.

The three open evening events are planned in late August and early September: Friday to August 15 and Tuesday 9 September 5pm, all to be located on the Bishop Otter Campus with visitors to be welcomed from the Main Reception near the Otter Gallery. During the sessions, applicants will receive an insight into the degree course as well as learning more about some of Chichester's history.

The degree, which can be taken as a one year full-time or two-part part-time course, aims to educate students through of British Cultural history, covering on the further resources of the local partners. The course modules in British Cultural history will cover

topics such as imagining rural England as art and literature, representing the First World War, diverse subjects including visiting lecture series. These will be held at the Palace House, and also at the Otter Gallery, and also at the Otter Gallery, and also at the Otter Gallery.

Alongside the cultural history, the degree will include taught modules on France, the representation of war, approaches and methods, and an introduction to reading documentary film.

Head of the History Department Dr Hugo Peck explained: "It is a really exciting time to be able to offer this programme and coupled with the interdisciplinary approach I believe it will be a great way to open up dialogue with the students living in Chichester. There is with a cultural city we are proud to be in some further work."

The degree starts in October 2009 and runs through each semester. Further details can be found on the University of Chichester website www.chichester.ac.uk/history/cultural-history

World debut for BA (Hons) Charity Development course

THIS YEAR the University of Chichester will launch the first ever BA (Hons) in Charity Development for the third sector. Not only is the course a first for the UK, but it is the first of its kind in the world. In this, Charity Development, reflects the wide range of skills that will be taught, and are used by successful businesses, from marketing and planning through to event management and public speaking.

Each year an array of other major business schools help UK charities raise around £10 billion. It seems apt that the University of Chichester, a forward thinking institution that already actively fundraises for a range of local charities, will be the first to roll out the revolutionary course. A pilot module for non-graduate diploma by the University raised over £100,000 for local charities in the first year, demonstrating the potential impact of such training while included with supported charity strategies.

Charity Development Coordinator, Donna Day-Lewis, a fundraiser for over 10 years and a senior leader, said: "If you think fundraising is just about standing in the street and asking, think again. It has taken us to the mountains of Everest, the halls of Westminster and hundreds of inspiring places in between."

Graduates coordinate national online campaigns, negotiate with leading thinkers and strategists, organise meetings and policy, manage budgets and secure sponsors, relationships with the media and beyond, create and inspire millions of people to give to good causes. It really is your chance to be the change you want to see in the world."

Industry consultants reveal strong interest in the course. Barbara Lewis, Director of Fundraising at the charity Co-operatives, which supports local parent facilities, said: "Working for a charity is definitely one of the most rewarding careers out there. If this degree in Charity Development had been around when I was at university I'd have jumped at it. There are so many more people to look at to do this."

The course is accredited by the leading industry body, the Institute of Fundraising. Professor Mervin, the Institute's Director of Professional Development in Management is an enthusiastic supporter: "If you want to help create a better world, fundraising is a fantastic career choice. No doubt about it, charities are dependent on the skills and professionalism of fundraisers to deliver their work. A degree in fundraising will help you get your feet on the ladder on the long journey of fundraising and competitive professions."

Meet the Consultant



Melanie de Lacy MCSP

Physiotherapist Women's Health

MELANIE has recently joined the team at Women's Health and Well Being at Withfield Health Chichester Hospital.

Melanie is a Chartered Physiotherapist specialising in treating health issues affecting women such as Urinary Incontinence, prolapse and menopause symptoms.

She estimated that Urinary incontinence affects 40% of the female population over 40 - that equates to 5 million women in the UK. This has a major impact on quality of life, causing social embarrassment, reduced levels of activity and sexual problems.

Incontinence can be caused by multiple factors including childbirth, weight gain and hormonal changes.

Private Floor Women's Training has been recommended by NHS (National Institute for Clinical Excellence) for all women in

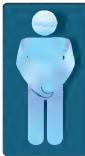
their first pregnancy and for all women with incontinence.

Private Floor Exercise, together with lifestyle changes such as reducing caffeine intake, weight loss and increased exercise, has been shown to be more effective in improving incontinence than drug alone. Following assessment, Melanie will prescribe a Private Floor intensive programme which can involve both self-help to improve awareness of the Private Floor, muscle stimulation of needed and Pelvic exercises.

Women who have had surgery such as hysterectomy and Prostatectomy can benefit from Private Floor Exercise and advice regarding risk, medication, prevention and return to activity. This can reduce recovery and help avoid further surgery.

The Chichester Health Women's Health Service has recently joined up with Withfield Health & Prison to provide ongoing support for women, by means of a Physiotherapist led Pelvic cancer class to improve strength and endurance and guard stress levels. This is particularly aimed at women of menopause age.

Also, from September the Withfield Health & Prison will be offering the Fit Back & Backcare pregnancy programme run by Melanie, which aims to reduce the risk of women who are at risk of pelvic pain and back pain with one strengthening exercise.



reduce stress incontinence by strengthening the Pelvic Floor, will improve posture and prevent pelvic and back pain with one strengthening exercise.



For further info and to book an appointment, contact Michael Sematt on Telephone 01243 729000 Email: Michael.Sematt@withfieldh.chichester.nhs.uk

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Chichester Business

Oceanair proudly wins Selsey RNLI Raft Race 2015



LAST weekend saw Oceanair entering two teams into the local Selsey RNLI Raft Race. After a closely contested race in the water off East Beach in Selsey, the Oceanair rafters crossed the finish line in first and second place.

The Raft Race concluded the Selsey RNLI Lifeline Week 2015, which each year aims to raise awareness of the Selsey Lifeline along with important fundraising activities. Oceanair donated the prize money from their first and second places in the Raft Race. However, the winning lifeline will take pride of place at the Oceanair office in Selsey.

Founded in 1970, Oceanair Marine Limited continues to be the world's leading supplier of blinds, shades, screens, and soft furnishings in the marine sector. A renowned commitment to excellence

has been recognised with no less than three Queen's Awards for Enterprise in International Trade. Oceanair products are exported to over 30 countries, supplying internationally renowned brands.

In 2015, our Residential and Commercial divisions of the business was successfully launched, bringing products of the highest quality and design to the market sector. The Oceanair range includes specialist for windows, balconies, pergolas and doors. In addition, a range of soft furnishings, products (cushions, curtains, upholstery, bedspreads and throws) are now available to complete any interior. All Oceanair Products are designed and manufactured in accordance with the highest standards in the art facility in Selsey, UK. Founded in 1970, Oceanair also has an office and distribution facility in the United States

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Olympic appointment at Golf At Goodwood

OLYMPIC coach Steve Grant, who has worked with many Olympic medal winning athletes including four former Olympic Champions, has been awarded an appointment to the Golf Academy at historic Goodwood.

Steve has been a coaching coach for more than 20 years and applied his expertise in a variety of sports including sailing, diving and triathlon. However, he started his career as a coach working with a professional golfer. He said: "I've been particularly involved with athletes whose body mechanics and posture are essential for success, this is more so than in golf."

Accordingly, Steve has developed a systematic approach to golf conditioning that complemented with the services already on offer at the Golf Academy of the prestigious Royal Golf Club.

Steve who holds an Honorary degree in Sport and Exercise Science as well as a Master's degree in Sports Physiology, helped prepare athletes for three Olympic Games (1988, 2000, 2004) and as a professional triathlete and as a professional triathlete and as a professional triathlete.

He also introduced language beyond elite athletes and has coached hundreds



Olympic coach Steve Grant, who has worked with many Olympic medal winning athletes including four former Olympic Champions, has been awarded an appointment to the Golf Academy at historic Goodwood.

of recreational individuals. He added: "We use sport and exercise science to provide solutions for those who have performance or health-related goals for sport, work and life. Our programme can work regardless of your level or background."

Golf At Goodwood's reputation as a centre of golfing excellence continues to grow with the most recent appointment of Stuart Gilbert, General Manager of Golf At Goodwood to deliver with his expertise. He said: "There is a great asset to the Goodwood team and alongside our golfing ambassador Justin Rose who brings a major part of the UK Open was to be strength and contributing to a truly unique experience, and we can now offer our members and visitors the unique level of expertise."

The Chichester Park Hotel

Wedding Fair

Sunday 29th September 11-3pm

Free Entry Free Bridal Bags Free Parking

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New bars for Montezuma's

MONTEZUMA'S executive bar-soffice bar steps with three exciting new bars. They have thought of everyone with these new additions having staff, white and dark options.

Starting with Open Season, a beautifully decorated bar-soffice bar with chocolate bar lighting with a variety of standard season and non-alcoholic drinks. A feature said Barsoffice that its Barsoffice would have been loved and enjoyed.

In the white corner they have Polka Barsoffice that has really done better than many of the other bars-soffice bars in the area. It's a chocolate bar-soffice bar with a variety of light and chocolate drinks and more.

Finally for the dark chocolate bar-soffice bar they introduce Chocobar. A chocolate bar-soffice bar with a variety of standard season and non-alcoholic drinks and a chocolate bar-soffice bar.

Don't wait for a season bar-soffice bar to be the best one of the area. It's a chocolate bar-soffice bar with a variety of light and chocolate drinks and more.

On the other hand, Polka Barsoffice says "Thinking new and interesting ingredients to blend with our home chocolate and more."



new products what I love doing most. I absolutely love the new chocolate and chocolate bar-soffice bar with my new favourite bar-soffice bar with its chocolate bar-soffice bar.

Montezuma's is a company available at three free shops: Brighton, Chichester, and Brighton. It's a company available at three free shops: Brighton, Chichester, and Brighton. It's a company available at three free shops: Brighton, Chichester, and Brighton.

BARSOFFICE: All bars are open and bright.

Selsey Business Awards 2013/14



LAUNCHING: For the first time last year, the Selsey Business Awards Partnership is Business Awards scheme, sponsored by Oceanair and Recenseo, name to recognize excellence in Selsey's vibrant business community. It's a scheme that's been running for many years.

awards? It's a scheme that's been running for many years. It's a scheme that's been running for many years.

If you are a business owner, you can enter and if successful, you can win to promote your business. If you are a customer or employee, you can choose who to nominate. Nominations open on September 1st, 2013. For more information, visit www.selseybusinessawards.co.uk/.

To nominate your business, you can enter and if successful, you can win to promote your business. If you are a customer or employee, you can choose who to nominate. Nominations open on September 1st, 2013. For more information, visit www.selseybusinessawards.co.uk/.

Closing date is 1st November 2013. The top 10 nominations in each category will be announced in early December.

The awards will be presented at our GRAND GALA DINNER to be held at Robert Vaux, from 7.30pm on Friday 1st January 2014.

Donated for tickets awarded supply last year, so you can also receive your place at the dinner at www.selseybusinessawards.co.uk/. Tickets will be 100 each for a generous dinner. If you can't make it, the Annual Night Out for your team.

The Selsey Business Awards are open to all businesses in the Selsey and Brighton areas.

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We are open Mon - Sat 9am - 5pm (evenings by appointment) Email: chichester@freestyledirect.co.uk www.freestyledirect.co.uk

Arts & Entertainment

1000000

2 Guns (15)

© 2006 Blackwell Publishing Ltd, *Journal of Internal Medicine* 260: 101–110

Director: William Keighan
Starring: Donald Wingeon, Mark Wahlberg, Paula Patton, Bill Paxton
Executive Producers: James Cameron, James Marston, Fred Ward, Robert John Burke, Greg Spedden, Patrick Fluehr, Derek Sorkin
Screenplay: James Cameron
Running Time: 100 mins

Enjoyable, partly directed and pleasantly old-fashioned buddy cop thriller enhanced by a witty script and engaging chemistry between Wahlberg and Melrose.

What's it all about?

Directed by Catherine Kwan, *2 Grams* is based on the famous Shadow graphic novel by Steven Grant and Steve Denar. Washington is undercover DEA agent Bobby French, who rubs a hand with motorcyclist partner Michael 'Shy' Shigen (Mark Mallory)— assumes that Shy is also an undercover agent, for Wood Intelligence. In order to infiltrate a Mexican drug cartel headed by Papa Zeno (John Jowar) locally (However, when the pair get away with much more money than they were expecting, they are forced to go on the run, chased by brother-in-law James (Robert



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The Ship's Christmas Party Menu

(Full A La Carte menu is also available during December)

Christmas Party nights are every Tuesday, Friday and Saturday
from 30th November to 21st December

Starters

Herbed vegetable and white bean soup
Broiled salmon outside, capaccio of beefsteak and vodka creme fraiche
Clementine, feta, kokonata olive and fennel salad
Chicken and thyme mushroom pie, kingfisher escalope, rustic bread

Main

Slow cooked lamb fillet, potato mouseline, saffron and shallot puree
Roast turkey, pig in blankets, roast potatoes and cranberry sauce
Oven baked bearn, basil and sun blushed tomato coumb, caudered new
potatoes and potato dressing

Griddled halloumi with lentils, cous cous and festive spiced seeds

All main courses are served with cauliflower, chestnut
and vegetable puree

Desserts

Christmas pudding and brandy sauce
Lemon and lime tart with limoncello
Chocolate and kirsch mousse
Mango and passionfruit pavlova
Shilton with becauts and port chutney

Christmas Day
Boxing Day A
New Year's Eve
Menus available

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£45 per person for Christmas Party nights,
£27.50 per person for lunch or dinner
£45 per person for private dining



Your life – Your decisions!

THE DRUG industry is constantly trying to convince you that drugs are good for your health while nutritional supplements and healthy foods are somehow bad for you. That message is also repeated by the FDA, the Food and Drug Administration, which goes out of its way to assess the truth about the healing properties of natural foods such as *echinacea*, *chiropractic*, and *herbs*.

These advertisements show happy, healthy people taking pharmaceuticals, but in the real world, people who take multiple drugs are extremely unhealthy, depressed and highly toxic.

Remember, you are in control of your own body, so you decide! You can choose either one by deciding what to put in (or on) your body. By not loading your body with pharmaceuticals and medications, you will probably experience increased liver and kidney function, reduced digestive function, less health problems, fewer degenerative, mood disorders and other such problems, but on the other hand, if you choose to load your body with your food, on one product, loading herbs and nutritional supplements, you will experience a more healthful and joyful life with improved brain function, self-awareness, healthy skin, stable mood, abundant energy, spiritual peace and health!



Denise Kelly

facilities, among other benefits.

If you've discovered the vicious circle people experience when taking numerous pharmaceutical drugs: The worse your health gets after taking medication, the more of them you need? The side effects of one drug become the "disease" characteristics by another drug, so it's all great for repeat business? What's the drug industry and the FDA absolutely **DO NOT** want you to learn is that leading herbs, herbs and supplements can usually all pharmaceutical diseases. If you really know the truth about what those diseases do to protect your health and can dispense those diseases, you'll probably never take another chemical pill in your life. That's why the FDA won't let us know how to use herbs, herbs and supplements and what they can't make it through, scientifically calculated doses on these labels.

The ITLA has been very active after business

leads. The scientific literature says conclusively that walnuts lower high cholesterol. It's the natural result of eating the healthiest plant-based oils in the walnuts. The TMA, however, has threatened walnut companies with fines and imprisonment for merely linking to scientific studies that describe the health benefits of walnuts. I'm not aware of any.

Does it take any word for it, just as, as you improve your physical health, your brain health will get better, too, and you'll notice life getting better in every way? Improved relationships, enhanced career success? Having a healthy mind improves your job performance, too? Improved self image, increased stamina and much more. You'll sleep better, eat better, think better, poop better and feel better. Everything your body is supposed to do naturally will simply work better as you work yourself with the

natural laws
of health and
nutrition.
You can
enhance
these laws
by eating
practically
uncooked, etc.



of the remarkable health-enhancing products they carry isn't a short circuit? What will save us?

Denise Kelly is a BANT (British association of Nutritional Therapists) registered Metabolic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practice in Chesham West Sussex and is the founder of E.A. Fit Kids. Tel: 01243 983426 www.denisekelly.co.uk

Brits a nation of exercise excuse makers

2024 research shows the authors actually lighten up when it comes to orgasm, with over a third of us (38%) admitting we take it too seriously, and most proctologists (90%) coming up with really obscure to avoid it completely. The Ramsey Korman 4 poll also revealed one third of us spend more time worrying about orgasm than actually doing it.

Tornadoes were the ultimate cause (50%), with bad weather (34%) and falling snow (3%) next on the list. Other causes ranged from insects to plain lay-overs with 'a piece of cake in cooking', 'broken shovels' and 'too much exercise' between the rolls.

While three quarters (75%) of us admit we spend money to avoid exercise for one personal benefit only, nearly one in four (23%) expects them up for the benefit of four purposes. It's not just exercise is then – with one fifth of us (20%) having had about doing exercise when we haven't done any.

"We're forgetting the fun side of cinema and either taking it too far seriously or comparing up a raft of cinema to stand it seriously. We want the critics to lighten up and enjoy themselves, whether they're going for a short run or hitting the big. The Secretary knows a 10- or award-winning trophy when that comes his way, but just accept ***, it's a great way to literally help you lighten up!" said Jonathan Quatt, Marketing Manager for Secretary UK and Ireland.

Children of obese mothers face risk of early death

CHILDREN born to obese mothers are more likely to die early as adults than those whose mothers were a normal weight, a study has found.

The offspring of obese mothers are one-third more likely to die before the age of 25, mainly as a result of heart disease, researchers found.

Children born to mothers who were overweight when they became pregnant were also 10 per cent more likely to die prematurely in later life than those born to mothers of a normal weight.

The study, carried out by the Universities of Edinburgh and Aberdeen, examined the health records of more than 9000 babies delivered between 1990 and 1991.

The research found, for children of mothers who were obese when they fell pregnant, hospital admissions in later life with heart problems including angina, heart attacks and stroke were almost a third greater than for children born to mothers with normal blood pressure.

The study, published in the EMI, follows previous research which found that offenders less than three months were more likely to develop high blood pressure, high cholesterol and diabetes.

During the time course of the study, use of any reported methods was chosen. Today, it is estimated that around one in five pregnant women are obese.

Professor Nelsons Kapteidis, of the Toronto Centre for Maternal and Fetal Research at the University of Toronto.

and "the obesity among pregnant women is rising, along with levels of obesity in the general population, our findings are of major public health concern. This study highlights the need for more research to better understand and prevent the impact of obesity during pregnancy for offspring in later life and the biological processes at work."

The birds analysed took place in Aberdeen, and factors such as socio-economic status were taken into consideration.

Records were taken from the Aberdeen University and Shetland Data Bank, which were linked to the General Register of Deaths, Scotland and the Scottish Mortality Record system.

Dr Sofianos Eberth-Schreyer, of the University of Aberdeen, said: "Highlighting the importance of good management to mothers and the NHS need to find out how to help women and their children control weight better so that childhood is not transmitted from generation to generation."

Jeanne Clinton, Health Care Director at Sonoma, said "This adds to a growing body of evidence showing that stress during pregnancy can have serious effects on children's health."



weight, health and even their life expectancy. If we are to tackle obesity in the UK, we need to start at conception and help women to limit the impact of their weight on their babies – research shows that eating a healthy diet and taking moderate exercise while pregnant can make a big difference. Looking after a baby's health while in the womb may not only increase the chances of a healthy birth, but a longer, healthier life."

The study was funded by the Chief Scientist Office Scotland and Elton Hunt and Marks Foundation, with additional support from Tommy's and the British Heart Foundation.

Fashion & Lifestyle

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Makeup - Do we really need so much?

MOST WOMEN underestimate just how much the average of their make-up bag costs, and as for the average make-up bag, it's about £100 - more than the latest smart phone. But do we really need all those products? The professional spa therapist says yes.

SpaVibe.com, the UK's spa package specialists, asked leading spa professionals to recommend their top beauty products for minimising make-up and looking great.

Priscy Holland, the Spa Director at Mollusk & Ooze in St Albans, commented, "We all know the key to looking good naturally lies in having great skin and having regular facials will both repair and protect skin. Facials are often seen as a luxury or a treat but in fact they're essential skin maintenance especially if you live in a city, as skin is more likely to need a deep clean."

A facial at least a times a year would be ideal, with changing seasons as a guide. If you are taking care of your skin that should enable you to minimise your make-up, particularly when it comes to concealer."

Mollusk & Ooze recommends the

Skincare Modest Skin Facial.

This particular treatment is designed for skin challenged by modern living. Starting with antioxidant-rich minerals and vitamins, this purifying treatment helps minimise damaging toxins, regenerate skin cells and rebalance sebum. The result? Re-nourished, hydrated and renewed skin.

Modern age The Modern age Modern woman often has skin issues. Facials which are tailored to skin's specific needs, so whether skin is congested or ageing up-draws out the facial hidden problems based on the treatment treatment incorporates skin's exclusive Japanese Kaku Do facial massage techniques and drawing with non-invasive light beams to create a luxurious, de-stressing experience.

The recent Rapid Skin Facial offered the Dermal Ultimate Women/Glow Facial. In this relaxing facial a powerful blend of aromatherapy oils tailored to your skin also concerns are combined with a rock-salt



mask, packed full of vitamins and antioxidants. Skin simply melts away thanks to the deep cleansing, massage techniques including Dermal's unique skin diagnostic massage. Skin is left deeply cleansed,

rejuvenated and glowing with natural radiance.

To book one of these top facials, book a spa day or spa break at SpaVibe.com. Just Spa packages start from £30.

Horoscopes

Aries
You are a bit of a social butterfly and are in great demand this week. Make sure you get to enjoy the events you are invited to as well as the attention. That said you're kept and feel a little uncomfortable. Don't worry this indicates that you don't have to break any new land or break a habit.

Taurus
It may be you or someone close to you who is in search of intellectual expansion this week and this could involve searching out courses or simply indulging in the reading of some heavy text. You are feeling particularly light about your career and achieve results effortlessly and as soon as a thing is said. Don't let this with your superior.

Gemini
Relationships are high on the agenda. And things are not all that bad looking good. You could be meeting up the friend or older sister who is looking a bit of a mess. Anything involving the internet will also prove to be profitable both emotionally and financially. You could be planning, organising or writing.

Virgo
Now the door is open, work right through. There are so many opportunities and then just waiting for you. Some suggestions made by friends may be of use. The door is open and you are outside your comfort zone but you need to adopt the way not approach if you are to build your true potential. Creativity and innovation.

Libra
Now is the time to really open up to your potential and demand. There is something that has been playing on their mind or perhaps the mind of a partner or loved one. The issue could be raised early or hidden. Just think it over it won't go away. Once said in the open it won't seem like too bad.

Scorpio
Which you did and get yourself down the gate or at least take yourself to a bit of a drink. Love is in the air. You will be looking for a bit of light and look you find this week as you are you will be attracting lots of attention. Could even be an old flame that is getting you interested again.

Sagittarius
Based on your mind and I don't mean a big to do. You are beginning to think in and take on perspectives and for a holiday you can think big.

Pisces
Now is the time to really open up to your potential and demand. There is something that has been playing on their mind or perhaps the mind of a partner or loved one. The issue could be raised early or hidden. Just think it over it won't go away. Once said in the open it won't seem like too bad.

Aquarius
You are a bit of a social butterfly and are in great demand this week. Make sure you get to enjoy the events you are invited to as well as the attention. That said you're kept and feel a little uncomfortable. Don't worry this indicates that you don't have to break any new land or break a habit.

Capricorn
You are a bit of a social butterfly and are in great demand this week. Make sure you get to enjoy the events you are invited to as well as the attention. That said you're kept and feel a little uncomfortable. Don't worry this indicates that you don't have to break any new land or break a habit.

because before you know it. There may be some outstanding checks, already have or projected. These things were I got away to you need to take things through.

Cancer
Your family is in need of some TLC this week. They may be feeling a bit of a let down. Spend a little time with and reassure them of your continued love and support. As you will need them over the coming weeks if you are to put this operation into some new advice and to be a better job.

Leo
You are a bit of a social butterfly and are in great demand this week. Make sure you get to enjoy the events you are invited to as well as the attention. That said you're kept and feel a little uncomfortable. Don't worry this indicates that you don't have to break any new land or break a habit.

Virgo
Now the door is open, work right through. There are so many opportunities and then just waiting for you. Some suggestions made by friends may be of use. The door is open and you are outside your comfort zone but you need to adopt the way not approach if you are to build your true potential. Creativity and innovation.

Horoscopes from Kim
16th August - 22nd August

Brain Gym

440 1302

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letters to the right of the main grid to start you off.



Landmark work in certification

D	C	H	J	B	L	T	A	Z	I	O	U
Q	R	E	P	H	Y	G	V	W	M	S	F

Wordsquare



These results indicate

10 words - average;
11 words - good;
12 words - very good;
13+ words - excellent

If we present ten minutes to find an exact words or phrases using the letters in the grid. Each word must use the starting letter and at least 3 others, and letters may be used only once. This cannot use purely foreign words or proper nouns. But words formed using it are permitted. There is one 10 letter word, but no more.

Studia

FBI says the al-Qaida bombings do little more than illustrate jihad's rise and reach; one of the 9-11 hijackers confessed at the death house.



Indica con un'etichetta



Debt



Last week: 11,400,000.

Double Crossword

*This site contains information that may be confidential or otherwise subject to legal protection.

Cognitive Illusion

100%

- [illegible]

Home & Garden

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Grow your own this autumn

AUTUMN is a great time for seed sowing and Seed Pottery has launched three practical kits to grow your own fresh, organic vegetables.

The Autumn Veg Seeds Starter Pack is a delightful collection of seeds and equipment to grow pea chow, chard, Oriental spicy leaves and winter hardy salad greens. It contains all the up-to-the-minute equipment you need to start growing the seeds, including biodegradable pots, dibbles, mini compost dibbles and labels. Planted at £10.00, the kit is perfect for those new to growing and planting and makes a great gift for budding gardeners.

The Autumn Veg Teatime Pack, £12.00, also contains seeds for pea chow, chard, Oriental spicy leaves and salad greens and comes with mini compost dibbles, labels growing advice biodegradable Pottery pack.

The Autumn Veg Seeds Kit, priced at £15.00, contains everything you need to grow chard, Oriental spicy leaves and salad greens. This kit is ideal for grown (organic) gardeners who already have the equipment, pots and containers for planting and are just looking to replenish seed supplies for the Autumn season.

Seeds in all three Autumn kits grow well

outside in sheltered positions and can be planted from August through to October for best results. All kits arrive in a stylish weather-resistant Pottery gift box, made using recycled packaging and printed with vegetable silhouettes. Boxes include step-by-step illustrated instructions, plus a handy seed packet.

The kits are great for growing your own food at home and are perfect for small urban spaces, balconies, lawns, roof terraces and courtyards as well as garden vegetable patches.

Seed Pottery founder, Neil Mitchell said: "Autumn is a great season for sowing and planting and our three new kits are ideal for those new to growing their own as well as for more experienced gardeners."

Here at Seed Pottery, we firmly believe it's possible to grow high quality, organic produce even in small urban spaces, allowing you to enjoy seasonal fresh, tasty vegetables, salads and fruit. It's a great way to track the whole lifecycle of your crops and how vegetables grow and it gives a great sense of satisfaction and achievement when delicious home-grown ingredients are added to recipes and meals.

All products are available to purchase now from seedpottery.co.uk.



WOODS

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FIDDLER ON THE ROOF

MAYFLOWER THEATRE

12 SEPTEMBER 2013

£50 per person

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Starring Paul Michael Gleeson as Tonye Tovey, the local milkman in his village of Annetville, has always stuck by his traditions but suddenly his head strong daughters decide that they want to marry for love rather than accept wealth. What, the milkman, comes up with.

Matthew performance with skills in the skills.

There is a lunch option available for this occasion.

Pick up in Chichester, Ross Green, N. Bostich, Begner, Felpham, Littlehampton & Havington.

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WOODS

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Pick up in Chichester, Ross Green, N. Bostich, Begner, Felpham, Littlehampton & Havington.

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Alarming 'flash for crash' tactic on the rise

MOTORISTS are being warned about a dangerous new tactic being employed by criminals causing 'crash for cash' fraud rings.

Flashing headlights to cause innocent drivers into the path of a deliberate collision at junctions or whilst making fast lane changes is being warned as a worrying trend since the turn of the year.

As police, insurers and authorities clamp down on the traditional mobile operators of fraudulent race and accidents, motorists are being warned to stay vigilant, APD, has identified the new, more complex, method.

Dubbed 'flash for cash' by APD's response team of former Police officers and forensic data investigators, the new tactic is said to be a harder for an innocent party to prove fault in the event of a legal dispute.

Some of the latest insurance claims are made daily, costing the motor industry £5,000 a year and pushing up insurance premiums. It is another example of how criminal gangs are becoming more sophisticated and attempting to stay one step ahead of insurers, says Neil Thomas, APD's Director of Investigative Services and former Detective Inspector of West Midlands Police.

"The adoption of flashing headlights and beckoning the driver into a 'your road' or 'your lane' situation, when it comes to

appearing to have to offer the right of way, the criminal simply continues his journey into a collision, holding the victim at fault for turning across his path, of course, cannot be proved under law."

In the more traditional race and about, criminals deliberately cause accidents by braking sharply in front of victims for no reason. They then also remove their lights in order to avoid the victim's reaction.

The latest tactic now can be used for victims to react from sleep, or perform fatal actions. The fraudulent flasher then flashes, offering the victim a right of way to pass a main road, but then speeds up to cause their car to hit into one.

The Insurance Fraud Bureau is currently warning about this tactic, responsible for around £100m in false claims. In the five



years since its inception, APD has been instrumental in the successful conclusion of some of the biggest motor fraud cases ever prosecuted in the UK, including the sentencing of brother Alan Hopkinson, who was jailed for seven years and three months for staging multiple accidents over a 10-month period, netting around £10 million in false insurance claims.

Thomas said that, while motorists should be vigilant for any suspicious activity on

the road, they should, at all times, maintain their concentration on the basic rules of the road.

APD is supported by former Police officers and forensic data and also various insurance technology and road world police processes to identify fraudulent activity, protect consumer liability and help reduce motor insurance premiums.

APD is part of the Automotive & Insurance Solutions Group plc.

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Overcoming Threats

Please note: Last entry is 30 minutes before closure

Interviewed by Graham T. Johnson, 8 February 2000

Saturday 8.00am - 8.00pm

Sunday 9:00am - 5:00pm

Qualifiers: Pass/Fail; Minimums: Low; Work hours: 0; CPE: 10; CE: 10

 $\mu_{\text{eff}} = 0.5743$, $R^2 = 7.40\%$



Football

Chichester Ladies in fine win



THURSDAY was another opportunity for Chichester to showcase a fine run of form in pre-season as they beat Portsmouth Ladies by the odd goal. This friendly however had a little more of an edge to their previous three games as it was a local derby game between two sides looking for positive change from the summer break.

It started at a very high pace and possession was dominated by Portsmouth,

striving to score early chances, but Chichester equalised with their debut on possession. When Chichester won the ball back they tried to play football, some neat combinations between Sturley and Pottle saw success down the Chichester right. After a fantastic left-drift tackle by McGowan on Wiles, Portsmouth appealed for a penalty which was

rightly waved away by the referee. The final ten minutes of the half saw Chichester see more of the possession in Portsmouth's half, however they were unable to create a clear cut chance. The half-time was 0-0 at half-time.

Portsmouth continued to dominate possession in the second however the brilliant McGowan was equal to anything they had to offer. With six minutes to go,

Portsmouth were caught on their heels down the left channel, the ball broke to Sturley, who rounded the left defender and coolly slotted the ball past the on-rushing keeper with a great strike from 20 yards. From then on as they defended extremely well, Portsmouth managed to press Chichester, but some outstanding

defending as a last showed any effort to Portsmouth's half. In the last play of the game the McGowan made the most of the game, tapping the ball into the corner from a short free to yards out. The game finished a one-sided win for Chichester to approach their first league fixture against Plymouth FC. Manager, Mark Hingle, said: "It's been a very positive pre-season at Chichester,



with some good results against some tough opposition. Today was only for our debut but not one that we needed. It's now important we carry this momentum forward into our league campaign starting in two weeks.

Chichester's first league game is against Plymouth LFC on Sunday the 10th September at Gillingham Park with a 3pm kick-off.

FA Cup is no world of adventure for Chichester

Saturday 19 August 2012
FA Cup 1st qualifying round
Chichester City v - B Chesham, Herts

By Chester Brown

CHICHESTER suffered their heaviest defeat in five years, going down 5-0 to Chesham in the opening qualifying round of the FA Cup.

It wasn't quite as bad as the 8-0 home defeat at the hands of Epsom Borough in Hants pool, although Chesham could have easily made it into double figures.

The Chesham County League visitors took control early on at the match, when Elliott Mitchell's free kick was pushed onside by Tom Gwill and Theo Woodhouse struck from the rebound.

Chichester moved back into contention on 15 minutes when MORGAN POGGIO's routine shot took a deflection and slipped through the hands of Jon Williams.

Chesham returned their lead 3 minutes later when Woodhouse - on the left - hit a superbly angled shot that ended up in the top right hand corner of the goal.

All the action was now happening at the City end. Tanya Harper's shot was just stopped by Gwill's outstretched leg, while a near collision during battle on the line by defender Angus Haddock prevented a certain goal.

Right at the start of the second-half, the referee hastily ended Chesham's



penalty period, with Sturley and Hingle clearing two corners, completely destroying the team City defence and made it 5-0.

After Chichester should have got another, but again Chesham played in from another to clear the ball off the line.

The final end on the referee came on the minutes when Harding broke through again to bag his fourth goal of the day.

minutes period, with Sturley and Hingle clearing two corners, completely destroying the team City defence and made it 5-0.

After Chichester should have got another, but again Chesham played in from another to clear the ball off the line.

The final end on the referee came on the minutes when Harding broke through again to bag his fourth goal of the day.

"We are all starting with our display. Not good enough," insisted City boss Steve Perry afterwards.

Chichester Gwill, P Sturley, Mitchell, Tomlinson, Haddock, Gilbert, Green, Wilson, Crockett, Haddock, Perry, Sturley Lee-Griffith, van Driel, Doolittle.

Q: How and Emily Moss of the Sturley-Carey Health.

